

Utah National Guard  
Various units all from Utah

SL

Midway

etc

## INTRODUCTION

During April and May 1986 the Bureau of Vital Statistics of the Utah Department of Health conducted the Utah Health Status survey. Six thousand randomly selected households (500 in each local health department service area) were contacted and interviewed via telephone by the University of Utah Survey Research Team.

The data presented herein (only a fraction of the total data collected) focus on lifestyle risk factors of Wasatch County residents. These risk factors are associated with the leading causes of death in Wasatch County and are factors over which an individual has a great deal of control. The risk factors addressed in this report are tobacco use, alcohol consumption, overweight, lack of exercise and high blood pressure. Implementation of health education programs designed to decrease these risks may aid in reducing premature death and disability.

## IMPORTANCE OF BEHAVIOR RISK FACTOR DATA

Health departments traditionally have found it important to record mortality and morbidity trends. There has, however, seldom been an attempt to monitor on the local level those behaviors that cause premature death and illness. With these data, Wasatch County need not rely solely on state and national data to assist in their development of health promotion programs.